

# Your V-Drums

Whether you are a drummer, would like to be one, or you were one back in the mists of time, this series of articles is for

[with Ben Stone]

you. I'll be checking out different practice routines, some fun things to practice, as well as offering some advice on developing key areas of your technique to make the most of the recently-upgraded Roland TD-3KV kit.



READERS PLEASE NOTE: this is NOT Ben Stone

**M**y story is probably just like yours. I wanted to practice, but space was a problem and so was the noise – not to mention the number of sticks I went through practising on an acoustic kit. The TD-3KV for me is one of the things I wished I had when I started to play the drums. Unfortunately I had to make do with a monster of an acoustic kit, which might sound good in retrospect, but when you want to practice for four hours a day it kind of makes it impossible for anyone around you to function in a normal way. Plus, real drums take their toll on your hearing after a while. Thankfully, the TD-3KV is here, and practice is now that much more pleasurable for everyone involved. The improvement is not just for the drummer – although you will certainly benefit from the sound and feel as well as the low volume levels. But the best and most useful feature of all must be the kit's Enhanced Rhythm Coach.

## Are you sitting comfortably?

Before you can start playing any kind of drum kit there are a few things you will need to do:

### • Check your seating position

You should try and maintain the correct seating position at all times; this will help with balance and any back problems that might occur in the future because of bad posture on the drum throne. Here (left) is a high-tech diagram to show the ideal seating position.



Upper and lower legs should be positioned almost like a bent, upside-down L-shape, with your thighs just off the

horizontal. Your back should be straight and relaxed with no real weight forced onto either leg.

**TIP:** Try slowly lifting your legs up while in the seating position: left first, then right, and then lift both legs up together. If you fall forward (see the diagram, right), you are putting unnecessary weight on either leg for balance.



the classic TD-3KV Kit

### • Check your kit's set-up

Make sure your TD-3KV kit is set up in such a way that you can reach everything comfortably and without having to reach too far for any of the pads.

## Warm-up

The warm-up routine you develop will be a great way to loosen up on the drum set as well as benefiting your muscles. As drummers, we need to stretch and perform a low-impact warm-up routine before a gig or moving on to more intense practice, just like a runner would stretch and do light exercise before a race.

Be seated at the TD-3KV in the correct position (as shown above). Set the TD-3KV's metronome to an appropriate tempo by pressing TEMPO. Use the + and – buttons to lower the tempo from 120 to 80bpm and press the CLICK button to start/stop. 80bpm may feel a little slow but accuracy is more important than speed right now and it is important to get a good comfortable feel rather than lightning-fast chops.

Start by selecting Kit 1. Press DRUM KIT, then + and – buttons until you get 1 in the display.

**TIP:** By pressing and holding the – button while pressing the + button, the parameters will change in larger increments: a great time saver.

Now that you have selected an appropriate drum kit and activated the click, proceed to play exercise one (page 46), which is a basic single stroke roll in time with the metronome – one beat on each hand, right-left, right-left and so on.

Play through exercise one twice, then switch hands, starting with the opposite hand as shown, either L (left) or R (right).

When you're comfortable with exercise one, proceed to exercise two (page 46), which is a simple double stroke roll played with two beats on each hand for every one that was in exercise one. This is also known as a mum-my-dad-dy roll, which you can count like this:

- 1-and = mum-my
- 2-and = dad-dy
- 3-and = mum-my
- 4-and = dad-dy



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Providing the previous two exercises have gone smoothly, move onto the last warm-up exercise. The third exercise (see right) is a three-stroke roll also known as a triplet. This has three beats on one hand for every one beat found in exercise one and can be counted as:

1 2 3  
2 2 3  
3 2 3  
4 2 3

I will be giving you more rudiments to include in the warm-up routine as time goes on so you can develop and vary your routine but, for now, play through the three exercises given and always use the metronome to make sure you're in time. Also, make sure you aren't going too fast too soon. Remember, accuracy comes before speed. Once you feel suitably warmed up, increase the tempo and try the same exercises again.

## Time for rhythm

Providing the previous warm-ups have gone well, you should try putting them into practice on the TD-3KV's Rhythm Coach. The Rhythm Coach involves seven different programs which help to develop good warm-ups, accuracy, timing, speed and endurance on the drum set, all of which are vital. We'll be looking at each of these in future issues but for now let's look at using the warm-up program Rhythmic Notes (rhy).

Press COACH until rhy appears in the display. This particular program has three levels of difficulty, depending on your ability, so to select the most suitable level just press + or - while in coach mode.

## The basic warm-up

Unlike the first three exercises where the click was being used as a reference for time only, exercise four (see right) uses the click in a more rhythmic sense, to play along with note for note.

Exercise four includes the previous warm-ups and a few extra notes which will be played from start to finish, then immediately in reverse order.

Press CLICK and, after a two-measure count in, follow the rhythm note-for-note as shown in exercise four's Rhythmic Notes.

Have fun with this exercise and if any of the exercises covered in this issue seem to be difficult, just slow down the tempo and take your time. Learning cannot be rushed and the more time spent getting the accuracy and feel correct, the better it will be in the long-term.

That's all for now folks, so until next time, have fun and practice as much as you can. ■

### Exercise 1 - Single Stroke Roll

### Exercise 2 - Double Stroke Roll (Mum-my Dad-dy)

### Exercise 3 - Three Stroke Roll (Triplets)

### Exercise 4 - Rhythmic Notes (Rhythm Coach)

### KEY

### NOTE VALUES